



Goal Setting Tip #9

Setting goals is important for achieving success in any activity. Goal setting for weight loss and weight gain prevention is certainly no exception. Remember to make your goals concrete, realistic and specific.

Talk to a nutrition counselor if you are having trouble choosing an appropriate goal for you.

This week I will focus on:

- _____ Identifying high-risk situations that make me want to eat
- _____ Overcoming the urge to overeat
- _____ Trying another activity, when I get the urge to eat
- _____ Evaluating my goals and setting new, realistic goals
- _____ Other: _____

For more information on weight gain prevention, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

Shape Your Future... Your Weigh!™